

## Tips From Former Smokers - Julia

*[Announcer 1] This program is presented by the Centers for Disease Control and Prevention.*

[Julia] I'm Julia. I smoked and got colon cancer. And a colonoscopy saved my life.

But there's a lot of other stuff I don't want to tell you.

Like how the pain from my gas was so bad that I went to the emergency room.

Or that they found a tumor and I had emergency surgery the next day.

And I certainly don't want to tell you about having a colostomy bag. That's where your bowel movements go after doctors reroute your intestines. I don't want to talk about emptying or changing that thing.

And I really don't want to tell you how scared my 9-year-old boy was that his momma was gonna die.

There's so much I don't want to tell you - but I did. Because my tip is: Tell what you know about smoking because someone might listen.

Then there'd be a lot less stories to tell like mine.

[Announcer 2] Smoking causes colorectal cancer. You can quit. For free help, call 1-800-QUIT-NOW. A message from the Centers for Disease Control and Prevention.

*[Announcer 1] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*